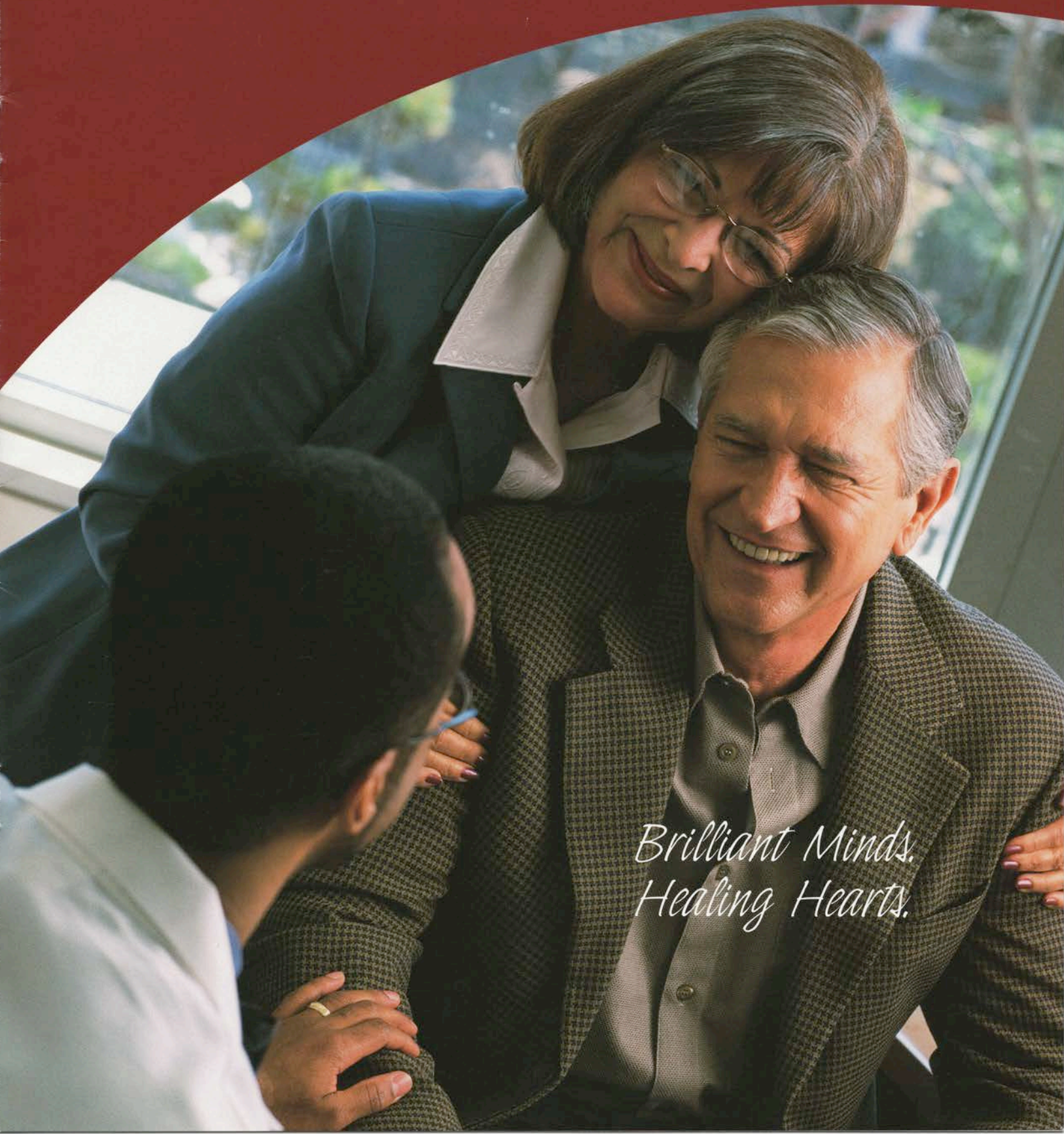




THE CARDIOVASCULAR
CENTER at The George Washington
University Hospital



*Brilliant Minds.
Healing Hearts.*



Welcome



Why GW?

Why GW?

The George Washington University Hospital's Cardiovascular Center provides one of the most comprehensive programs available for the advanced diagnosis and treatment of heart and vascular disorders.

At the GW Cardiovascular Center, advanced technology and medical expertise come together to provide patients with one of the most dynamic cardiovascular programs in the region. That's why leaders from all over the world have selected GW for their cardiovascular care.

Comprehensive Treatment

At the GW Cardiovascular Center, we diagnose and treat your entire cardiovascular system. Many people think that cardiovascular disease affects only the heart. But the same process that causes blockages in the arteries of the heart can also cause serious, even life-threatening problems elsewhere in the body. That's why whether you come to GW Hospital for a scheduled cardiac evaluation or procedure, or through our emergency department, our team will provide a comprehensive examination of your overall cardiovascular health.

Brilliant Minds

We continue to develop innovative technologies, research new procedures and create preventive measures to decrease the risk of cardiovascular disorders. Our reputation for excellence attracts the finest physicians, nurses and technicians in their fields. Individually, each is a skilled practitioner. Together, we challenge each other to deliver exceptional cardiovascular care. High patient volumes, successful outcomes and our excellent reputation attest to this fact.

Our unique, multidisciplinary cardiovascular team is comprised of some of the most respected cardiac, thoracic and vascular surgeons, board-certified noninvasive, invasive and interventional cardiologists, cardiac electrophysiologists, cardiac anesthesiologists, interventional radiologists, as well as intensive care and trauma specialists. This team of professionals helped create the GW Cardiovascular Center and each is passionately dedicated to maintaining its high standards.



Advanced Technology. Advanced Care. Healing Hearts

The new George Washington University Hospital opened to the public in 2002 and includes the latest available equipment and services in the best possible setting for the diagnosis and treatment of cardiovascular disease. The Cardiovascular Center offers:

- 24 hour emergency cardiac care
- Mostly private rooms
- The most technologically advanced catheterization laboratories in the country, with large field-of-view and 3-D imaging
- A dedicated surgical team and new operating rooms
- Ensite 3000 mapping system, the latest technology for finding and treating arrhythmias accurately and quickly

Comprehensive inpatient and outpatient services include:

- Cardiovascular consultation, risk analysis & prevention.
 - Noninvasive testing such as electrocardiogram (EKG or ECG), Holter monitor, event monitor, echocardiography (ECHO), transesophageal echocardiogram (TEE), treadmill exercise stress tests, stress echocardiography, nuclear stress testing, microvolt T wave alternans, signal average ECG, cardiac and vascular MRI, multi-slice CT scanning of peripheral vessels, carotid and peripheral vascular ultrasound and tilt table tests.
 - Diagnostic catheterization and angiography.
 - Interventional cardiovascular procedures such as coronary, carotid, renal and peripheral angioplasty and stenting, including new drug-eluting stents, performed by a multidisciplinary team.
 - Invasive electrophysiology studies and procedures for rhythm disorders including catheter based ablation, diagnostic electrophysiologic tests, pacemakers, implantable cardioverter defibrillators, and resynchronization therapy for heart failure.
 - Cardiovascular surgery, using the latest technologies and techniques. (See sidebar)
- Complementary and alternative care such as Reiki, guided imagery, meditation and massage offered in collaboration with The George Washington University Integrative Medicine Program.
 - Cardiac rehabilitation, risk factor management and behavioral modification programs that teach individuals about their disease, symptoms and management.
 - Clinical research trials and patient treatment protocols.
 - Comprehensive programs in atrial arrhythmia and advanced stage heart disease.
 - A thoracic and cardiovascular critical care unit dedicated to excellent perioperative care.
 - A program dedicated to preventing, diagnosing and treating cardiovascular disease in women. (See sidebar)

The Women's Heart Program

The GW Women's Heart Program is dedicated exclusively to the prevention, diagnosis and treatment of cardiovascular disease in women. We recommend that all women over age 35 participate in a comprehensive heart screening and evaluation to determine their personal risk for cardiovascular disease. The Women's Heart Program at GW Hospital offers four levels of cardiovascular screening appropriate to a woman's level of risk. Each screened patient receives an individualized risk assessment analysis and a recommended course of action to help reduce her risk of heart disease. GW physicians and staff empower women by offering real solutions on how to lower cardiovascular disease risk through exercise, smoking cessation, nutrition and other lifestyle changes.



Cardiovascular Surgery

Surgeons at The George Washington University Hospital Cardiovascular Center offer the latest techniques including:

- Coronary bypass with and without artificial circulatory support (“on or off pump”) using standard and minimally invasive techniques.
- Valve repair and valve replacement using standard and minimally invasive techniques.
- Anti-arrhythmia surgery for atrial fibrillation.
- Surgical procedures for congestive heart failure such as ventricular remodeling procedures (DOR procedure), revascularization and valve repair.
- Transmyocardial laser revascularization.
- Mechanical ventricular assistance.
- Surgery for aortic aneurysms and dissections.
- Minimally invasive peripheral bypass.
- Minimally invasive abdominal aortic endovascular stent grafts.
- Endarterectomy for peripheral arteries and peripheral revascularization.
- Carotid endarterectomy.



ng Lee, M.D.,
Cardiology

SGI

Understanding Cardiovascular Disease

Are you at risk?

More than 61 million Americans have some form of cardiovascular disease, which is the leading cause of death for both men and women in the United States. Cardiovascular disease includes atherosclerotic coronary artery disease, valvular heart disease, diseases of the heart muscle, electrical disturbances of the heart rhythm, high blood pressure, aneurysms, stroke and peripheral vascular disease. Early diagnosis and treatment saves lives. Therefore, patients with known risk factors should consult their physicians.

Are You at Risk?

The following factors may increase your risk for cardiovascular disease:

- *Advanced age*
- *Tobacco use*
- *Excess alcohol consumption*
- *Diabetes*
- *Excess weight*
- *High blood pressure*
- *High cholesterol or other lipid disorders*
- *Diet high in trans fatty acids and saturated fats*
- *Post-menopausal*
- *Lack of exercise*
- *Family history of cardiovascular disease*
- *Stress*

Seek Emergency Care Right Away

If you think you may be having a life threatening cardiovascular emergency, call 911 immediately. The team of cardiac and vascular experts at The George Washington University Hospital is available 24 hours a day to care for you. We will provide prompt emergency treatment that can limit damage to your heart and brain, possibly saving your life. We will also assess your overall cardiovascular health to help prevent future emergencies.

When to call 911

Symptoms of cardiovascular disease can appear suddenly or develop slowly over time. Call 911 immediately if you experience any of the following:

- *Crushing, squeezing chest or upper back pain*
- *Sudden onset of numbness or weakness in the face, arm or leg, especially on one side of the body*
- *Confusion, difficulty talking or understanding*
- *Severe headache, shortness of breath or loss of balance*

When to Call Your Doctor

The following symptoms may indicate cardiovascular disease. Call your doctor if you experience any of the following:

- *A racing or irregular pulse*
- *Discomfort in the chest, arm(s), back, neck, jaw, or upper abdomen, particularly during physical activity or emotional stress*
- *Physical discomfort accompanied by nausea, vomiting, lightheadedness or cold sweats*
- *A squeezing pain in the buttocks, thigh or calf during or following physical activity, especially when the pain diminishes during rest*

Our Commitment to You

In addition to serving the medical needs of our patients, The GW Cardiovascular Center is committed to education and disease prevention. We offer community educational programs on many topics such as high blood pressure, smoking cessation, cardiac fitness, nutrition, women's health and more. For referrals to GW physicians, please call 1-888-4GW-DOCS.

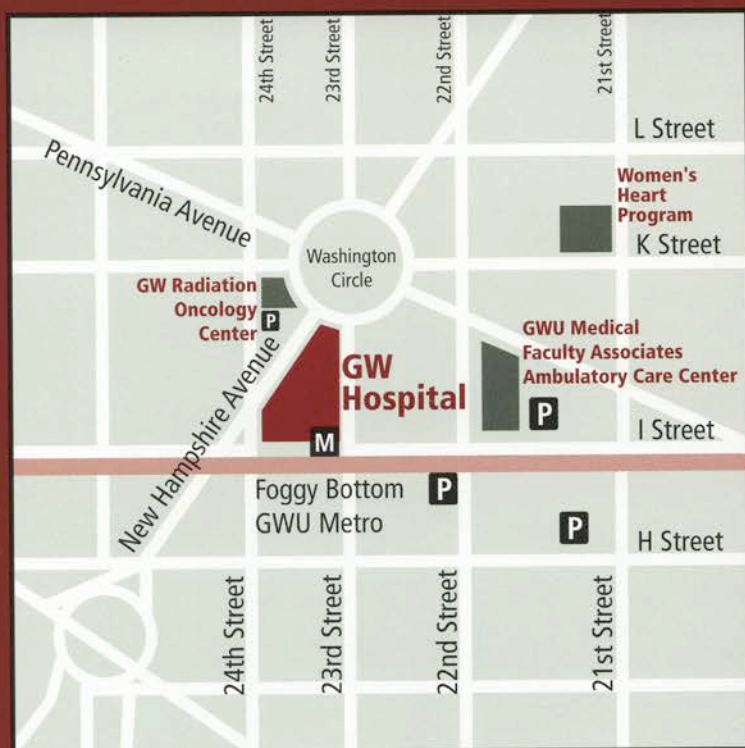


Metro

We recommend riding Metro, if possible. The Foggy Bottom Metro Station is conveniently located next to the main entrance to the hospital.

Parking

Parking is available for a fee in The GW University garage. The entrance is on 22nd Street between H and I Streets, NW. Street parking is limited and metered.



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